

Ma and Pa Equipment List - 2026 Trek

Extra Bucket:

(Pack the following items in an extra 5 gallon bucket that will go in your handcart)

- Kleenex
- Hand sanitizer
- Toilet paper (baggies for emergencies along the trail)
- Bug repellent
- Extra flashlight /batteries
- Consecrated Oil
- Marking Pen (Sharpie)
- Sunscreen
- A watch
- Duct tape
- Small basic first aid kit
- Emergency feminine supplies
- Small garbage bags to tie on handcarts along the trail for trash and extra items.
- Ties to secure tarp to handcart (no wire)
- Two 24" bungee cords with plastic tips to secure water jugs on the back of the handcart.
- 2-3 spray bottles for mist/cooling
- Optional -small NEW yard sprayer (1-2 gallons)
- Optional – cooling towels
- One 8X10 tarp to cover the handcart from dust and rain
- Cooler for lunches*
- Personal Shelter (beach umbrella, easy pop up tent)*
- Two insulated 5-gallon wide mouth water jugs with opening large enough for an ice block*

Large Plastic Tote:

(Pack the following items in a plastic tote - Sam's Club has a black tote with yellow lid that works well)

- **Two burner table top propane or white gas stove**
- **One 6 qt pot with lid. No larger than about 10.5 in diameter**
- **Two - 10" skillets with lid, the deeper the better, need to fit on stove at the same time**
- **Two large mixing bowls**
- **One large cutting board. Solid plastic better than wood (lighter) don't bring rolled up plastic. There may not be a hard surface to set up on.**
- **Two plastic tubs for washing dishes**
- **Three large long handled serving spoons**
- **Wire whisk**
- **1 cup measuring cup**
- **1 set of serving tongs**
- **Pancake turner**
- **Two wooden spoons**
- **Two pairing knives for food preparation**
- **Two serrated knives for food preparation**
- **Can opener**
- **3-4 dish towels**
- **3 dish rags**
- **Matches or lighter**
- **Scrubbing pads for cleaning**
- **Small container of dish soap**
- **One pair of heavy leather gloves**
- **Kitchen timer or watch**
- **Small pair of scissors**
- **First Aid Kit**

- **One lantern or flashlight. Electric lanterns are great!**
- **Hammer for pounding stakes**
- **Camera**
- **Pocket knife or multi tool**
- **Optional – extra rope/paracord/bailing twine. The stake will provide but you may want more.**
- **2-3 rolls paper towels**
- **4 garbage bags**
- **Clorox wipes**
- **Hand sanitizer**
- **Extra Toilet Paper (1-2 rolls)**

THE STAKE WILL PROVIDE:

- **2 large tarps for shelter (12'X16' with rope, poles, and stakes)**
- **Shelter poles and stakes**
- **Propane canisters or white gas for stoves**
- **Boards to prepare food and cook on**